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## ABSTRACT OF THE DISCLOSURE

A that receives impact energy from its environment during use is disclosed. The watercraft comprising a hull, a deck coupled to the hull, and an apparatus that provides structural support to the hull and the deck. The apparatus comprises a member disposed along an interior surface of the hull and extending along at least a portion of the longitudinal direction of the hull, and a first support coupled to the member and the deck. The apparatus is configured to return at least a portion of the energy to the environment. An apparatus to provide structural support for a watercraft having a hull and a deck and configured to receive impact energy from its environment during use is also disclosed. The apparatus comprises a member coupled to the hull and extending along at least a portion of the longitudinal direction of the hull, a front support coupled to the deck and the member, and a rear support coupled to the deck and the member, and a rear support coupled to the deck and the member and the front support and the rear support are configured to return at least a substantial portion of the impact energy from the watercraft to the environment.